

2019 Dates	Time	Activity/Event and Location	Cost	Sign-up Requirements
Creative Clubs and Activities Group Meetings				
Every Wednesday	9:00am	Crafts, at MCA	Free	No Sign-up Required
Every Saturday	9:00am	Quilting Club, at MCA	Free	No Sign-up Required
9/05, Thursday	2:00pm	Garden Club, at MCA	Free	RE-UZ-IT, Speaker Kay Weber
Health and Wellness				
Every Friday	9:00am	Fitness Friday Class, at MCA	\$2	No Sign-up Required
9/26, Thursday	6-7:30pm	Mindfulness Meditation-Coming To Your Senses, MCA Sunroom	Free	RSVP Required. Email lynnelockie@gmail.com
Recreational Activities and Games				
Every Monday	9:00am	Mah Jongg, at MCA	Free	Call Caryl Magnus, 941-378-5055
Every Tuesday	6:00pm	Darts, at TMCC Centre Court Lounge	Free	No Sign-up Required
Every Wednesday	6:00pm	Ping Pong, at TMCC Center Court Lounge	Free	No Sign-up Required
9/19, Thursday	3:00pm	Cornhole, behind at MCA	Free	These activities will resume in September
Every Thursday	6:00pm	9-Hole Billiards, TMCC Centre Court Lounge	Free	No Sign-up Required
Every Friday	12:30pm	Bridge, at MCA	Free	Call Bill Thompson, 941-379-7955
9/3, Tuesday	6:30PM	Bingo, at MCA, doors open at 6:00PM	\$5/3	No Sign-Up Required
Special Events and Trips				
9/25 Reservation Deadline--Naples Botanical Gardens, Tuesday Nov. 12, Trans. Provided, Call All Around Tours 941-488-9393				
Speakers/Presentations and Classes				
9/05, Thursday	1-3pm	Electronic Device Help, 30 min slots, MCA	Free	Come to, call or e-mail the MCA Office to RSVP
9/17, Tuesday	4-5:00pm	Health & How Exercise Helps Slow the Aging Process, MCA Garden Room	Free	Chris Vercelli, call 941-735-6223 for sign-up or email: chris@nonfictionfitness.com
Community Involvement				
9/19, Thursday	9a-1:30pm	SunCoast Platelet Drive, MCA Parking Lot	Free	Call Lisa Fratoni, 941-917-0142 to schedule
Aviva (A Campus for Senior Life) Activities and Events, 1951 N. Honore Ave. MCA Residents Welcome				
Every Monday	7:00pm	Bingo, at Aviva Kretzmer Center	\$1/2	Cards. Cash Prizes. No Sign-up Required.
9/03 Tuesday	11:00am	Aviva University-The Constitution	Free	Carole Holland, Kretzmer Center
9/03, Tuesday	7:00 PM	13 year Old Classical Violinist-Elijah	Free	Aviva--Kritzmer Center
9/05, Thursday	3:30pm	Aviva University--Central America, Haiti & Immigration	Free	Aviva--Kritzmer Center
The Meadows Country Club (TMCC), Activities and Events w/Non-Member Rates				
Every Tuesday	11am-8pm	Burger/Fries Special,Center Court Lounge	\$5	TMCC 3100 Longmeadow
Every FRI & SAT	4pm-7pm	Center Court Lounge	\$6	Happy Hour Menu
9/09-10/21 Fall Junior Tennis Program, Call Pro Shop 941-3378-5265 for details or email tennisproshop@meadowssc.org				